

Black Bean Dip

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Ingredients

4 tablespoons olive oil
1 tablespoon (4 garlic clove), peeled minced
1/2 medium red onion, chopped
2 (16-ounce) cans reduced sodium black beans, drained and rinsed
2 tablespoons balsamic vinegar
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh cilantro
1 teaspoon ground cumin
Salt and freshly ground pepper

Instructions:

Place a small sauté pan on the stove over medium heat. Add the oil and garlic and cook for 2 minutes or until the garlic start to turn golden brown. Remove from the pan from the heat. Place all of the other ingredients in a Cuisinart and puree. Add the garlic and the oil. Season with salt and pepper.

